

Associated
Student
Body
Government

The Bandit

September 2003
October 2003

Welcome to Clatsop

Community
College!

Whether you are
returning or brand new,
welcome!

Our college has gone
through some changes in-
cluding a new president,
new Associated Student
Body Government offi-
cers, new faculty, and
now new students.

Stop by the A.S.B.G. Of-
fice and introduce your-
self. We look forward to
meeting you!

The Bandit starts anew!
With Rabbits??



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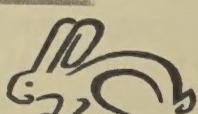
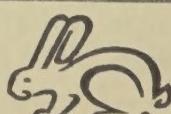
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Tips to immerse yourself into the college experience:

- ⇒ Get to know your instructors without annoying them.
- ⇒ Introduce yourself, sit up front, do the homework, & participate in the class discussions.
- ⇒ Be on time to class, but don't depend on the college clocks. Every hall has a different clock with a different time (It's not always a bad thing).

Editor's note:

Due to lack of photography
regarding raccoon pictures, this issue of
The Bandit will have rabbits throughout.
Although I am not sure how it could
cause inconvenience, it has been
known to, so I apologize in advance.



Editor's column

My Search for Thin Air

When I started this issue of the bandit, I had nothing to go on. Sure, the usual announcements, dates, and mentioning of things, but no articles that had to be put in, or interviews already done. I was pulling nothing and everything out of thin air.

Thus, my search for thin air began. I started thinking about all the times someone had found their thin air and now I wanted mine.

It wasn't much to ask. Just a little air, thin air at that. I wasn't even looking for thick or heavy air, just thin.

Where to start looking, I had no ideas on it. Books have not been written on the subject, tapes have not been made. There were no professions that I might look up, telling me where to begin.

So I began where most would, asking my mother what she thought of the subject. After advising me, she had an appointment made with a psychiatrist to assure that I was still in the left mind.

And now I have come to this issue....again., with the same question at hand. Where does one find thin air? More pressing, where do I find thin air? If you have any suggestions let me know.

-Kay



Welcoming Dr. Greg Hamann as Clatsop College President!

President Hamann got his start at a community college in Minnesota. He expressed that community colleges are a great way to experiment with what you want to be when you grow up, along with not costing a lot of money.

President Hamann & his wife have already settled into the area by seeing "Shanghaied in Astoria." Some of President Hamann's interests are running, cycling, great seafood, & musicals. President Hamann says that C.C.C, "Clatsop Community College is a uniquely student & learner centered place, dedicated to providing you with high-quality education with a personal touch. "

"I am grateful for the positive start I got from a community college as a student, & as president of Clatsop Community College I am committed to providing you with that same positive start!"

Welcome again to President Hamann!

Hello New Faculty

We would like to welcome our new staff and celebrate our old. Some of these people were part-time and have now become full-time or have moved to another location and position in the college. Regardless, "Hello!"



Dave Sexton— Criminal Justice Instructor

Stephen Sanders— Automotive Instructor

Rebecca Harris— Social Science Instructor

Pamela McGill— Nursing Instructor

Heidi Lent— Math Instructor

Margaret Frimoth— Lives In Transition Director

Joanie Weatherly— Co-op Work Experience Director

Randy Culver— Learning Resource Center

Audrey Knippa— Health Occupational Director



Associated Student Body Government

Micheal Black, President

Micheal has a double major; humanities and philosophy. He plans on getting a PHD in humanities and a Masters in philosophy. After Clatsop, Michael plans on teaching research work. Michael has many interests that vary from the outdoors to computers to animals. His family includes a brother and sister, who live in Washington. For the year Michael wants students to know that A.S.B.G. will be different than it has been, but don't be afraid to just stop by if you have any questions, concerns, or problems that we can help with. The A.S.B.G. advocates for the students and we are here for the students.



Joanne Mann, Social Activities

Joanne plans on getting an Associate of General Studies degree AND a Medical Assisting certificate. Her hobbies include shopping, surfing the net, and hanging out with her husband and friends. Joanne's goal for the year is planning fun activities for the students. She welcomes any suggestions, comments, and volunteers. After Clatsop she plans to move to Portland and start her family.

Rinda Johansen, Vice-President

Rinda is going for the Associate of Arts Oregon Transfer degree. After finishing the A.A.O.T., she plans on looking into distant learning options *in Oregon* because her home and family are here. Her family includes a husband, 13 year old daughter, and 10 year old son. Rinda is a member of the Rising LITES club, P.T.K., and A.S.B.G.. Her hobbies include hiking, biking, camping, reading, volunteering, and doing stuff with her kids.

Tatjana Taubert, Clubs & Sports

Tatjana's goal is an Associate of Art Transfer Degree. After Clatsop she is planning on going into pre-law most likely at the University of Oregon. She is an international student from Germany and speaks three languages, Russian, German, and English. She lived in Russia for twelve years, Germany for five years, and now the United States for two years. One of Tatjana's hobbies is reading, she loves to read!

Anna Thrasher, Treasurer

Anna is working towards an Associates of Art Oregon Transfer degree. This will be her first term at Clatsop. She is looking forward to the transition from high school to college. After completing the A.A.O.T., Anna plans to transfer to a school in Colorado for a Zoology degree. Her hobbies include hanging out with her friends and going to the beach. Her family includes three brothers and two sisters and four nieces and nephews. Anna is hoping this year will be good!

Kristine Murry, Publications

Kristine is in her last year at Clatsop, planning to earn her Associate of Arts Oregon Transfer degree. She lives at home with her parents, three sisters, two brothers, and two dogs. Kristine enjoyed her summer vacation, but thinks three months is too long to be out of school. Her social life is limited to whatever time is leftover after homework.

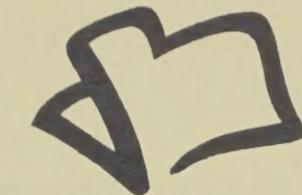
Let us start to build a positive learning environment through good leadership, having a positive attitude and just having fun.

A.S.B.G.

Brief News:

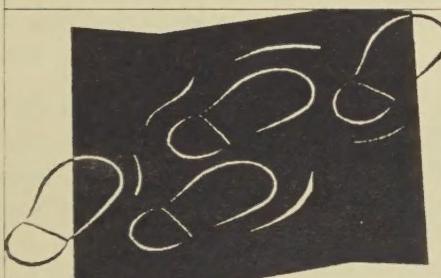
Locker Information!!

The lockers have been cleaned out and the contents are now in the A.S.B.G. office. If you left stuff in your locker from last year, we have it. The locker leftovers will be disposed of on **October 10!** Come and get it **BEFORE** October 10, or lose it.



The A.S.B.G. office is looking for a work-study person. They need to be reliable, work well with all types of people, qualify for work-study, and a sense of humor is preferred. For more information contact the Financial Aid office.

Visiting Places on Campus...



Phi Theta Kappa International Honor Society for Two Year Colleges, Pi Phi Chapter

David Grimberg, President

Brent Gudge, Vice-President

Shawn Holmes, Secretary

Office Phone: 338-2319

Office location: Patriot 328

Main Points of P.T.K.

- 1) Scholarships, 2) Leadership,
- 3) Service, 4) Fellowship

PTK Corner

Located in a closet size room on the third floor of Patriot hall, room 328, lies the Phi Theta Kappa, (a.k.a. P.T.K.) Office. Though the room is small, a lot of exciting & productive activities are planned for the year. Officer Brent Gudge says "we make do with what we have, but we are planning a make-over of the room." The room is being repainted & the door is going to be covered in bright, noticeable colors. The P.T.K. board across from their office is undergoing a transitional look as well & is a way to communicate with students, faculty, & members.

President David Grimberg says, "This year is our rebuilding year. We want to make it so the officers [and new members] coming in [next year] can just run it."

Another P.T.K. goal for the year is

The College has entered into a one-year "contract" with Creative Catering, a small local food service and business. Creative Catering will provide the College with food service operations for this coming year. Check for hours and menu options at Maxine's.



banding together with other departments & clubs on campus. They want to connect with the clubs & departments & do fundraisers & events together.

The officers invite students & faculty to stop by and see what they are all about. Office hours will be posted on the door & they are willing to talk with students about eligibility & participation. Even if you are not a member, they won't turn you away.

This year the Phi Theta Kappa national theme is raising health awareness. Plans are being made to involve our local community as well as the College community in raising health awareness around the area.

So, stop by, introduce yourself, & get to know more about our Phi Theta Kappa chapter here on campus.

Transitional Conference for Women Returning to Education

**Sponsored by the Seaside and Astoria Branches of the
American Association of University Women and
Clatsop Community College**

Fifty-three people were in attendance at this conference held Saturday, September 6th 2003. The conference was spotlighted in the Daily Astorian many times and phone calls were sent out. All the participants received a bag full of brochures, pamphlets, pencils, pens, key chains, coupons, and a bag of taffy. These items were donated from 100 local business' owned or managed by women. The program included speakers from the College Admissions Office, Financial Aid, Career Planning, Lives In Transition, Plus Program, Distance Learning, and many more.



Among the highlighted speakers was a woman who shared her story. She told of troubled times with a husband whose violence was expressed everyday by beatings and other physical abuse. She had a son to protect, and in her own words, "leaving was hard, but accomplished." During custody battles, her ex-husband shot and killed her son and then himself. Grief is a hard teacher. Marrying three years later, this woman gained two step-sons and another unhealthy relationship which ended with a huge debt racked up in her name and a deeply depressed soul. Now was the time to heal.

She took three years to heal. As this woman said, "...there is a time to not be productive." This was her time. Three years! If we would take that time to truly grieve, mourn, and heal what a different world we would have. It does not always take three years to heal something, but when the grief has been neglected for years on end, then it will take years to heal. She says "Depression is normal. It is our bodies response to suffering, which we all experience. It is a response to fear given into, sorrow not grieved. There is a natural to treat depression and that is to experience it, to weather it, to live through a winter of discomfort, to shut down. To sleep, to cry, to be alone, to address the dark side of one's own soul, to go through it."



This women went back to college while in her second marriage and kept going off and on throughout the years. She graduated with honors at the age of forty-five. It was hard, but accomplished. Now this woman says she is truly happy and has found her dream home, job, and a healthy relationship. When she spoke, she projected peace and tranquility. Some points that she had to share are on the next page.

A.A.U.W. American Association of University Women

Women's transition conference continued

The conference also had six mini sessions on different subjects that people could choose which to attend. The subjects were on finishing the four year degree, career planning, general questions, and child-care options, among others. This was the second year the women's conference was held in Astoria. The representatives of the Seaside and Astoria branches of A.A.U.W. said they have had a wonderful response from the local community and that the conference will be back next year. It is a wonderful, safe, and friendly environment for women to learn about educational options.

A women who attended the conference said, "It was a wonderful opportunity for me to learn about my educational options. I have several children and it is hard for me to get out and do something for me. Thank-you for that opportunity."



Be kind



More on Depression:
Ask for help, get therapy and ask for support for friends, invest in yourself. Read good books, exercise, eat well, rest, and remember that you are doing the hardest work of your life.



Some points to consider

Know how you want to live and then take the steps to get there.

Feel the fear and do it anyway. "Fear is a waste of life."

Let go of relationships that are not safe.

Find out where your faith lies and encourage it.

Be kind

Trust yourself to heal yourself.

Trust your gut and inner voice, but help the inner voice to be kind.

Take steps towards a decision.



Eight Tips For Adults Returning to School

- 1) Don't expect to be super-human. Learn to say no.
- 2) Look ahead to a long-range goal for planning one day at a time.
- 3) Learn good study habits.
- 4) Set up a quiet place for studying.
- 5) Get a good writing guide.
- 6) Get out there to be noticed and look for opportunities.
- 7) Success as a student really means learning how to learn while enjoying the process.
- 8) Don't let what you cannot do stop you from what you can do!

More News:

ASBG plans for Halloween

Costume contest— Stop by the ASBG Office to enter into the contest and have your picture taken! Winners will be announced Monday, November 3rd.

Decorate your space— pre-registration is required! Pre-register by October 20th. To sign up, contact the ASBG office. More details to come.



ASBG BBQ

October 8th 11-2 PM

A survey will be at the BBQ for people to complete. Please take a moment to fill it out, and return to us. This will let us know what you want at the barbecue's and plan accordingly.

We hope to see you there!

Want to post something on a bulletin board? Check with ASBG for details about posting flyers. Make sure you put a starting & ending date on your flyer.

Submissions for Bandit deadline will be the 25th of each month.

Clatsop Community College Arts & Ideas 2003-2004

Season Preview Extravaganza

OCTOBER 10, 2003

TIME: 7:00 PM

PERFORMING ARTS CENTER

16th & Franklin

Astoria Oregon

COST: \$15— GENERAL OR
\$10— STUDENT/SENIOR

ALL ADVANCE TICKETS CAN BE PURCHASED AT:
OLD TOWN FRAMING
CCC SOUTH COUNTY CAMPUS
CCC LIBRARY
CREDIT CARD RESERVATIONS:
503-338-2473
BOX OFFICE OPENS 1 HOUR BEFORE SHOWS

DATES FOR OCTOBER

SUNDAY, OCTOBER 12TH NORTH COAST SYMPHONIC BAND PRESENTS "STRIKE UP THE BAND"

TIME: 2:00 PM

Tickets: \$8/\$6/\$4

TUESDAY, OCTOBER 14TH "WRITER AS WITNESS"
PRESENTATION BY POET WILLA SCHNEBERG, WINNER OF THE 2002 POETRY AWARD.

TIME: NOON

Tickets: \$5



Performing Arts Center
16th & Franklin

SATURDAY, OCTOBER 18TH

KIM ANGELIS & JOSEF

AN ECLECTIC GYPSY FOLK MUSIC NORTH COAST PREMIERE CONCERT

TIME: 8:00 PM Tickets: \$15/\$10/\$8

SATURDAY, NOVEMBER 1ST

GARY STROUTSOS

6:30-10:30 PM

7-9: voices within nature

9:20-10:20: echoes of canyon
de chelly

Art inspired by nature ex-

THURSDAY, OCTOBER 30TH OREGON CHAUTAUQUA

PRESENTATION BY ANALEE FUENTES

"CHICANA ARTISTS: 1960S TO THE PRESENT"

TIME: 7:00 PM Tickets: \$5

Art inspired by nature Exhibit

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Student Publications

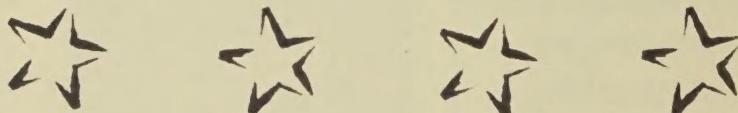
Email or drop off
suggestions

Schedule of Events

- 3rd — Last day of regular registration
- 6-10th — Late registration
- 6-11th — Voter's registration week
- 8th — ASBG Barbecue 11am-2pm in the cafeteria
- 24th — Refunds mailed
- 31st — Halloween Costume Contest— more information regarding Halloween activities will be posted
- Oct 31-Dec 12 — Holiday Food drive

The Associated Student Body Government of Clatsop Community College will work to promote an effective academic, social, and cultural environment for all students; encourage opportunities for leadership and character development; and strengthen student representation in all College related activities.

The Bandit is published as an independent student newsletter created by the Associated Student Body Government. The editorial content and views expressed herein are those of the editor, staff writers, artists, and contributors and do not necessarily represent those of the student body, faculty, staff, or administration.



October 2003

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	Halloween